

The Effectiveness of Professional Intervention Program from the perspective of the social casework method to alleviate the life pressures of the families of a recovering addict

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Abstract

The problem of drug abuse is no longer a health, social and economic problem only, but also has gone beyond all of these aspects. It has become a national problem due to the destruction it causes to the addicted person, his or her family, or society in general, from stress, in addition to the addict, he or she is in dire need of professional help in order to improve his or her life and recover from drug addiction.

So this study belongs to empirical studies that aim to test the effect of an independent variable, which is the professional intervention program from the perspective of the social casework method, on a dependent variable, which is life pressure, for the families of recovering addicts, where the main aim of the study was determined in testing the effectiveness of the professional intervention program in the social casework method to alleviate the life pressures of the families of recovering addicts. This study relied on the semi - experimental method using a pre-post-test design for two groups, one experimental and the other one is a control group.

The study was applied in Cairo governorate in one of the addiction treatment institutions, the Omar shaheen hospital for psychiatry and addiction treatment, and the study reached to verify all its hypotheses.

Keywords:

Effectiveness, Professional Intervention Program, life pressures, recovering addict.

فاعلية برنامج التدخل المهني من منظور طريقة خدمة الفرد للتخفيف من ضغوط الحياة على أسر المدمن المتعافى

الملخص باللغة العربية

لم تعد مشكلة تعاطي المخدرات مشكلة صحية واجتماعية واقتصادية فقط بل تعدت ذلك كله إلى أن أصبحت مشكلة قومية نظراً للدمار الذي تحدثه سواء للشخص المدمن أو لأسرته أو المجتمع بصفه عامة، حيث يُمثّل المدمن عبئاً كبيراً على أسرته من النواحي النفسية والاجتماعية والاقتصادية، لذلك فالأسر تعاني العديد من الضغوط، بالإضافة إلى المدمن فهو في أمسّ الحاجة إلى المساعدة المهنية لكي تتحسن حياته ولكي يتعافى من إدمان المخدرات، لذلك تنتمي هذه الدراسة إلى نمط الدراسات شبه التجريبية التي تستهدف اختبار تأثير متغير مستقل هو برنامج التدخل المهني لطريقة خدمة الفرد على متغير آخر تابع وهو الضغوط الحياتية لأسر المدمنين المتعافين، حيث تحدد الهدف الرئيسي للدراسة في: اختبار فاعلية برنامج التدخل المهني في خدمة الفرد للتخفيف من حدة الضغوط الحياتية لأسر المدمنين المتعافين، وقد اعتمدت هذه الدراسة على المنهج التجريبي باستخدام تصميم القياسى القبلى والبعدى لمجموعتين إحداهما تجريبية والأخرى ضابطة، وتم تطبيق الدراسة بمحافظة سوهاج بالعيادة النفسية بسوهاج، وقد توصلت الدراسة إلى التحقق من جميع فروضها.

الكلمات المفتاحية:

الفاعلية، برنامج التدخل المهني، الضغوط الحياتية، المدمن المتعافى.

Introduction:

Drug addiction and the consequent individual, family and societal problems are one of the important problems that most countries suffer from, as they consume a lot of treatment expenses in addition to their impact on the minds and future of the addict, where the problem of drug addiction is one of the global, regional and local problems that affect the individual and society, the problem of drug abuse is one of the problems that challenges today's society because of its negative effects on all levels, and the crimes we see every day through newspapers and the media are proof of that (Soueif: 2002, p. 58).

Therefore, it called attention around it to the scientific and research approach of all disciplines and human professions, because it faces all levels and societies and negatively affects the individual, the family and the family society, which requires concerted efforts to limit the aggravation of this problem in a scientific manner and according to a national plan (Elwi: 2003, p. p. 2-3).

The World Drug Report 2020 issued by the United Nations Family Office on Drugs and Crime has indicated that drug abuse has increased globally, with about 269 million people using drugs worldwide during 2018 This is 30% more than in 2009 while more than 35 million people suffer from substance use disorders according to the latest report, while cannabis was the most widely used substance globally in 2018, with an estimated 192 million people using it worldwide, no Opioids remain the most harmful, with the total number of deaths due to opioid use disorders increasing over the past decade by 71%, with a 92% increase among women compared to 63% among men (United Nations Office on Drugs and Crime: 2020).

With regard to the Arab countries, the previous report indicated that the Arab region is now under a very great threat from various drugs due to the strong flow of all kinds of drugs to the Gulf countries, Jordan, Syria and Saudi Arabia, and the spread of drugs in Arab countries varies from one region to another and from one country to another, the Gulf region is the largest area for heroin addiction (UNICEF : 2017), and Egypt suffers, as most countries of the world suffer from the growing and growing problem of drug and alcohol use, and the problem of drug dependence is one of the most serious problems facing society as it affects young people at a critical stage of their lives also affect adults in a way that leads to reduced productivity and lack of social and economic stability, in

addition to an increase in crime and moral decay in a large segment of society, (Abdel Moneim: 2016, p.7).

Also, this was indicated by the General Secretariat for Mental Health and Addiction Treatment (2019) in Cairo that the total percentage of those who currently abuse alcohol and drugs in the studied Egyptian governorates amounted to 22.3%, this confirmed by the results of the Al-Gharib study (2006), which sought to determine the extent of the phenomenon of relapse into addiction in the Arab world in general and in some Arab countries in particular. The Arab world on ways to confront this phenomenon.

The problem of drug abuse is considered a health, social, and economic problem, but rather a national problem due to the devastation it causes, whether for the addicted person, his family, or society in general (Habib & Hanna, 2011: p. 457).

The addiction problem represents a great burden on his or her family from the psychological, social and economic aspects, so he or she is in dire need to improve his life in order to recover from drug addiction, because recovery is a necessary stage in treatment, in order to integrate with his or her society he or she becomes a good social citizen for himself or herself, his or her family and society.

The family is the basic nucleus of the upbringing process, as it is the one that should provide a good example for its children and transmit to them the values, principles and standards of proper social behavior. (Youssef, 2003: p.85).

It is also a source of psychological and social support, but if a problem or challenge occurs that reduces the effectiveness of the exchange of feelings between family members as a result of communication problems, or family members falling under the influence of psychological pressure, this will lead to the occurrence of disturbances that reduce the ability of the family to achieve its tasks and events (Suleiman, and et.al,2005: p. 280).

This was confirmed by the results of the study of Omar (2016), which indicated the importance of the family in society, where the family represents the basic unit in society because it is its mirror that reflects the various its social and economic conditions.

The family faces problems and pressures, especially if there is an addict within the family, and these results in a disturbance in the social relations within the family and their feeling of grief and sadness and sometimes not wanting it. The addict suffers from other problems when he is old, which

affects his personality and reduces his personal achievements and progress in life. Family pressures also differ according to each family's understanding of the addict's condition, and the extent of their acceptance of the subject.

So, the emergence of these problems and negative feelings due to the social, economic, educational and health requirements imposed on them, and consequently their feeling of stress and tension as a result of these pressures.

There is a group of pressures related to the lack of information about addiction and how to deal with the addict, and the pressures resulting from the characteristics of the addict, the stage he is going through, and his needs are the most pressures that the addict's family suffers from, especially the family, because they are more eager and eager to care for and care for the addict.

What increases the pressure on the family is that addiction may affect the addict and his or her life as a whole, as anti-addiction drugs affect cognitive abilities.

This was confirmed by the results of the Follansbsbee-junger (2016) study that many anti-addiction drugs may lead to some infection. The family has medical, psychological and social diseases such as fatigue, exhaustion and depression. In terms of care, the addict needs a greater amount of time, effort, attention and sometimes material cost, which adds extra burdens on the family and the family is exposed to severe psychological suffering, in addition to all of this the economic burdens represented in the costs of caring for the addict (Kafafi, 2003: p. 21).

But if the family is working, addiction may affect their going to work and their regularity in it, and sometimes even losing a job or work (Abdel Moneim, 2006, p. 70).

Because of the family being exposed to many pressures due to the addiction of one of its members, it needs professional help to alleviate these pressures so that it can achieve balance in the family, it is very important in modifying the ideas that exist in the families of these addicts, in casework methods there are a number of models also that can be used, including the treatment model by focusing on tasks, since it is one of the therapeutic models that have been used effectively in many fields, especially in the medical field and family therapy, which requires the provision of quick services in a short time in order to alleviate the problems that individuals and families suffer from.

This was confirmed by the results of the Sedky study (2001) that the model of focusing on tasks in the casework can help in treating the problems of patients' families, as well as Ahmed's study (2017), which indicated that the task-focused model in the casework can help in developing the social skills of families, it is one of the short therapeutic models in which cooperation with the client and investing his or her environmental efforts to help him. He or she is able to perform the tasks entrusted to him, such as the facilitating tasks, and focuses on choosing a specific duty (Abd el-aal, 1990: p. 138).

This was indicated by the results of the Abo el-Fotouh study (2012) which aimed to test the effectiveness of the task-focus model in rehabilitating families of addicts for the post-treatment stage and its relationship to reducing relapse rates.

In the light of what was previously presented from previous research studies and from the theoretical literature, the problem of the current study was determined in the following question: What is the effectiveness of the professional intervention program from the perspective of the social casework method to alleviate the life pressures of the families of a recovering addict?

The study aim:

The main aim of the study was determined in testing the effectiveness of the professional intervention program from the perspective of the social casework method to alleviate the life pressures of the families of recovering addicts.

The importance of the study:

Where the family is a basic building block in building societies, the strength and weakness of society is measured by the family's cohesion and weakness, because it contributes to building the values and behaviors of children, and given the exacerbation of the drug problem locally and internationally and its impact on the family, where the United Nations estimates that the number of drug users is approximately 246 million people, 5 % of the world's population. The statistics of the Fund and Combating Addiction Treatment in Egypt also indicated that addiction in Egypt is spread by (2,4%), and the rate of abuse in 2018 reached "12%" (The Addiction Treatment and Control Fund, 2019), as this study can benefit In enriching the practical aspect when the social worker works with recovery cases to avoid relapse.

The Study hypotheses:

The main hypothesis of the study is determined as following: the practice of the professional intervention program from the perspective of the social casework method to alleviating the life pressures of the families of recovering addicts.

The study also seeks to test the following sub-hypotheses:

- 1- There are no statistically significant differences in the pre-test between the arithmetical mean of the control-experimental groups on the life pressure scale for the families of recovering addicts.
- 2- There are statistically significant differences between the arithmetical mean of the two measurements, pre-post of the experimental group, on the life pressure scale for the families of recovering addicts for the benefit of the post-test.
- 3- There are statistically significant differences between the arithmetical mean of the two-dimensional measures of the cases of the control-experimental groups for the benefit of the experimental group on the dimensions of the life pressure scale for the families of recovering addicts.
- 4- There are no statistically significant differences between the arithmetical mean of the cases of the control group in the pre-post-test on the life pressure scale for the families of recovering addicts for the benefit of the post-test.
- 5- There are statistically significant differences between the arithmetical mean of variable of the differences between the pre-post-test of the cases of the control-experimental groups for the benefit of the experimental group.

The theoretical part of the study:

1. Effectiveness concept:

Effectiveness means effective (Al-Bailiki: 2007, p. 304), and in social sciences, the concept of effectiveness means the ability to produce a decisive effect in a specific time. (Badawi: 1993, p. 127). In the Dictionary of Educational and Psychological Terms, it refers to the extent of the effect that experimental treatment as an independent variable can have on one of the dependent variables. To help the client achieve his goals within a reasonable time of professional intervention. (Al-Sukari: 2000, p. 169).

The effectiveness is measured operationally in this study as following:

the difference between the pre-post-test scores on the dimensions of the life pressure scale and the differences in the post-test between the experimental and control groups.

2. The concept of life pressure:

life pressure is defined as the life circumstances and situations that confront the individual at home or work and bring him fears, dangers and threats and force him to resist and confront them, which may lead to his physical, psychological or occupational tension. (Ismail, 2004: p. 26).

It also means the external pressures that may exist in the form of deprivation, frustration, or deficiency in one of the following social aspects (family - income - work - education - experience) (Abu Raya, 2011: p. 17).

The life pressure in this study operationally can be defined as following: a repeated internal adaptive response that arises from within the family, resulting from life conditions as a result of the addiction of one of its members.

Social pressure represented in the relationships of family members. Psychological pressures (anxiety, sadness). Economic pressures represented by the high costs of medical care, and Physical pressures, such as fatigue and tiredness.

3. The Concept of Addict recovery:

An addict is also known as a person who becomes accustomed to a particular drug so that if he stops taking it, his psychological entity is disturbed until he takes increasing doses of it. (United Nations Office on Drugs and Crime, 2018, p.155).

Recovery in general is an expression given to the experience of treatment of family chronic diseases. Recovery is also the continuation of the drug cessation process with therapeutic follow-up, which is the family's self-refusal of the drug addict to completely stop taking any drug." (Blogspot, R., 2018, p.132).

The definition of a recovering addict in this study can be defined as following: a person who has been treated for addiction in specialized institutions and has recovered, and whose doctors have authorized him to be discharged from the hospital. And be able to completely dispense with the effect of the drug and recover from it. He spent the period of his treatment inside the institution by a specialized medical team, and the doctors authorized him to leave the hospital. He receives aftercare later through addiction treatment and recovery programs. And be able to get rid of addiction and drug abuse and never go back to them.

The Study Methodology:

1-kind of the study:

This study belongs to the type of empirical studies that aim to test the effect of an independent variable, which is the professional intervention program of the casework method, on another variable that follows the life pressures of the families of a recovering addict.

2-Type of the method used:

This study relies on the semi- experimental method by using a pre-post-test design for two groups, one of them is experimental and other is control.

3-Fields of study:

a-The Spatial field: The study was applied in Cairo Governorate in one of the addiction treatment institutions, Omar Shaheen Hospital for Psychiatry and Addiction Treatment. Due to the availability of the study sample.

b-The human field: The sampling frame consisted of (200) families who had a recovering addict from addiction and who benefited from the services of Omar Shaheen Psychiatric Hospital. The following conditions were applied to them:

- 1 To have a recovering addict from addiction.
- 2 The age of the addict must be between (18-30) years.
- 3 That the addict resides with his natural parents within the family.
- 4 The addict should have siblings within the family.
- 5 The family agreed to cooperate with the researcher, and those who met the previous conditions reached (30) families, and they were randomly divided into two groups, the experimental group consisted of (15) family and the control group consisted of (15) family, and those families are considered the most stressful and most harmony families.

c-The Time field: It was the period of application of the study, which lasted four months, from 17/11/2021 to 17/3/2022.

4- The Study Tools:

a scale of life pressures for the families of recovering addicts which was prepared by the researcher: The steps taken by the researcher in designing the study tools are as follows: Where the scale of life pressures for the families of recovering addicts was designed, according to the following steps:

-Initial preparation of the scale: The researcher performed the following actions: Identification of theoretical references and previous studies that contribute to building the scale: Many references, studies and research that contribute to building the scale were reviewed and included:

- The theoretical framework of the current study, which includes (literatures on family, addiction and recovery and life pressures) - theories and models that can be used, including: (task focus model, family therapy model, problem solving model). Previous research studies related to the current study topic. - Examining the standards that dealt with the issue of life pressures, family relationships, and methods of dealing with a recovering addict.

-Determining the content of the scale: where the researcher identified the main dimensions of the scale and its variables, if the formulation of the statements related to the main dimensions and is easy, clear, and specific and related the dimension to measure. The total sum of the phrases in the four dimensions of the scale is (84) phrases distributed as follows: Social pressure from 1-21. The second dimension: Psychological pressure from 22-42. The third dimension: Economic pressure 43-63. The fourth dimension: Physical pressure 64-84.

-Testing Validity of the scale:

At this stage, the validity of the scale confirmed, and the researcher used the apparent validity (the arbitrators' sincerity) to verify the validity of the scale. The dimensions of the study in general, and the dimensions of the life pressure scale in particular. Analyzing this literature, research and studies, in order to reach the different dimensions and expressions related to the dimensions that related to the study problem, in terms of determining the dimensions of the life pressures of the families of the recovering addict. - Showing the scale to a sample of five families of a recovering addict; to see if the easy and simple phrases are clear to them. It presented to (12) reviewers from faculty members and experts in the field to express their opinion on the scale, and this appears in the following table:

Table No. (1)

Percentages of reviewers' agreement on the dimensions of the scale and on the scale as a whole

N o.	Dimensions	Rejection %	Agreement %
1	The first dimension: Social pressure.	9.09%	90.91%
2	The second dimension: Psychological pressure.	7.69%	92.31%
3	The third dimension: Economic pressure.	6.25%	93.75%
4	The fourth dimension: Physical	9.09%	90.91%

pressure.		
the scale as a whole	8%	92%

- **The results of the above table show that:** The high proportions of the reviewers' agreement on the dimensions of the scale and on the scale as a whole, which indicates the validity of the scale and the possibility of reliance on it to a high degree, whether in the measurement or the results. Social pressures from 1-19. The second dimension: Psychological pressures from 20-38. The third dimension: Economic pressures 39-57.

The fourth dimension: Physical pressures 58-76.

-**Reliability of the tool:** The Reliability of the scale means that if you repeat the application of the scale to the same group or a similar group, it gives almost the same results and there is a near-match between the results of the scale in the multiple times that it is applied each time to the same individuals and one of the most important statistical means to measure the reliability:

Table No. (2)

Values of the reliability coefficient using Cronbach's alpha coefficient of the scale

Cronbach's Alpha	Variance	Mean
0.951**	0.402	2.72

- **The results of the above table show that:** the Cronbach's alpha coefficient values with respect to the family environment scale equal 0.951**, which confirms the reliability of the scale's values at a significant level (0.01), and the scale's expressions also contained negative and positive expressions.

Professional Intervention Program:

1-Objectives of the Professional Intervention Program:

The general objective of the intervention program: the professional intervention program in this study aims to alleviate the life pressures of the families of addicts, and this goal can be achieved through a set of **sub-goals as following:**

Helping the family in dealing with the addicted son and alleviating the life pressures for them represented in Social pressures (family relationships, Relationship with neighbors, relationship with colleagues, relationship with relatives) and Psychological pressures (anxiety, sadness), Economic pressures (the costs of treating the son) and Physical pressures (high blood pressure - headaches on a continuous basis).

- 2. Stages and steps of professional intervention** according to the task focus model: **A.** Define the problem to be solved. **B.** Oral contract with the family, **c.** Planning tasks, which are the steps that must be followed with the family and that they must implement, **D.** Review the tasks that the family has or her carried out and try to overcome the difficulties that prevent their implementation, **e.** Termination.
- **Defining the target problem:** helping the addict's family to accurately determine the type of stress, they are experiencing from their point of view through the life pressure scale designed for this purpose, and identifying the types of tasks that are suitable to alleviate the stress experienced by the family.
 - **Contracting:** verbal agreement with the family about the problems that have been identified and arranged according to their priorities in relation to the family's point of view, agreeing with them to determine the interviews, the period of professional intervention, the number of interviews for them, and agreeing on the tasks that will be performed by the specialist, the family and the rest of the family members.
 - **Determining the tasks:** through which a set of tasks is assigned that will alleviate the pressures experienced by the family of the addict, but in what suits the circumstances or condition of the addict on the one hand with the capabilities of each family as well as the family members and their composition and the nature of the pressures they suffer from.
 - **Review tasks:** reviewing the tasks that have been accomplished with each family and determining the extent of success or failure in accomplishing those tasks and the obstacles that prevented the implementation of some tasks.
 - **Termination:** In the event that the family obtains the necessary services and carries out the appropriate tasks, and in the event that the family progresses in treatment and relieves pressure on it, the following is done: The last interviews are spaced out, the time of the last interviews is reduced, the gains obtained by the process are evaluated, and the researcher evaluates the methods used in the treatment program and the extent of its effectiveness. The program in relieving stress in the family and the effectiveness of professional intervention.

3. Therapeutic tactics: In applying this model, the researcher relies on a set of therapeutic techniques that enable it to achieve the goals of professional intervention with the family. Examples of these techniques used are the following:

A. Monitoring: The researcher relies largely on interrogative questions, exploratory comments, and phrases contained in the family-related pressure scale in order to facilitate obtaining truthful information from the family.

B. Building: Building the therapeutic relationship between the researcher and the family and in some cases with family members, and includes several procedures: - Building the family's contacts and interactions and determining the direction of these interactions. -Provide guidance and direction regarding family communications. Helping the family understand that treatment aims to help them relieve the stress of a family member's illness, in addition to agreeing with family members on tasks and the time period for the interviews.

c. Encouragement: To endorse and approve of the family's behavior, attitudes, feelings and behaviors, especially when carrying out and reviewing tasks.

D. Guidance: directing the client towards making a decision that is appropriate to her problem.

E. Clear Understanding: Understanding a family's feelings or behavior through verbal and nonverbal techniques such as expressions, gestures, and hand movements.

F. Explanation: To demystify the family's understanding of certain situations and the environment in which you live through logical justifications.

G. Modeling: It used if the tasks that identified include unfamiliar behaviors for the family through modeling the task and helping them to train and rehearse it.

Fourth: Program tools: Professional interviews and life pressure scale.

Fifth: the time field of the program: The program lasts for a period of 4 months.

Sixth: Indicators of the intervention program's success:

The family's cooperation with the researcher in terms of adhering to the dates of the interviews and implementing the tasks. Reducing the stress that the family suffers from because of the presence of an addict in the family. - There are differences in the pre-post-test for the benefit of the experimental group. There are differences between the dimensional measurements of the experimental and control groups for the benefit of the experimental group.

The Study Results:**Table No. (3)**

The significant differences between the control-experimental groups on the life pressure scale for families of addicts as a whole (n = 30)

Measurement type	group type	M	SD	T Value
Pre- test.	Control group	152.5	5.77	1.852 not significant
	experimental group	165	2.99	
Post- test.	Control group	148.3	11.8	22.44** significant
	experimental group	71.4	6.51	
(pre- post) test.	Control group	152.5	5.77	1.421 not significant
	Control group	148.3	11.8	
(pre- post) test.	experimental group	165	2.99	47.41** significant
	experimental group	71.4	6.51	

** Significant at (0.01)

* Significant at (0.05)

- **The results of the above table show that:** There are no significant differences between the arithmetical mean of the pre-test of the control-experimental group cases on the life pressure scale, where the value of $T=1.852$, which is not significant, and there are also significant differences between the arithmetical mean of the post-test of the control-experimental group cases on the life pressure scale, where the value of $T=22.44$ ** It is significant at a significant level (0.01), and there are no significant differences between the arithmetical mean (pre-post) for the control group cases on the life pressure scale, where the value of $T=1.421$, which is not significant, and there are no significant differences between

the mean of the measurement degrees (pre-post-test) of the experimental group cases on the life pressure scale, where the value of $T = 47.41^{**}$ is significant at a significant level (0.01)

Table No. (4)

The significant differences between the control-experimental groups in the pre- test on the dimensions of the life pressure scale for families of addicts (n = 30)

Group Dimension	Pre-test control group n = 15		post-test control group n = 15		T Value and significant
	M	SD	M	SD	
Social pressure	48.77	1.81	52.01	1.11	0.799 not significant
Psychological pressure	47.18	2.72	51.66	0.521	1.879 not significant
Economic pressure	36.41	3.34	41.11	1.914	0.874 not significant
Physical pressure	33.88	1.85	39.1	2.44	1.499 not significant
the scale as a whole:	166.2 4	9.72	183.8 8	5.985	1.865 not significant

** Significant at (0.01)

* Significant at (0.05)

-The results of the above table show that: There are no significant differences between the arithmetical mean of the pre-test for the cases of the control-experimental group on the dimension of social pressure, where the value of $T = 0.799$, which is not significant, and there are also no significant differences between the arithmetical mean of the pre-test of the cases of the control-experimental group on the dimension of Psychological pressure, which amounted to the value of $T = 1.879$, which is not significant, and there are no significant differences between the arithmetical mean of the pre- test for the cases of the control group and the experimental group on the dimension of Economic pressure, where the value of $T = 0.874$, which is not significant, and there are no significant differences between the arithmetical mean of the pre- test for the cases of the control group And the experimental on the dimension of Physical pressure , where the value of $t = 1.499$, which is not significant, and there are no significant differences between the arithmetical mean of the pre-test of the cases of the control-experimental group on the scale as a whole, where the value of $t = 1.865$, which is not significant.

Table No. (5)

The significant differences between the pre-post- test of the experimental group cases on the dimensions of the life pressure scale for families of addicts n = 15

Group Dimension	Pre-test experimental group n = 15		post-test experimental group n = 15		T Value and significant
	M	SD	M	SD	
Social pressure	52.01	1.03	21.18	1.66	45.11** significant
Psychological pressure	49.16	0.512	19.41	2.04	43.01** significant
Economic pressure	40.41	1.99	26.18	3.22	38.54** significant
Physical pressure	37.51	2.74	19.01	1.99	29.87** significant
the scale as a whole:	179.0 9	6.272	85.78	8.91	39.132** significant

** Significant at (0.01)

* Significant at (0.05)

-The results of the above table show that: There are significant differences between the arithmetical mean of the pre-post-test of the experimental group cases on the Social pressure dimension, where the value of $T=45.11^{**}$ which is significant at the level of significance (0.01), and there are significant differences between the arithmetical mean of the pre-post-test of the experimental group cases on the stress dimension, Psychological, where the value of $T =43.01^{**}$ which is significant at the level of significance (0.01), as well as there are significant differences between the arithmetical mean of the pre-post-test of the experimental group cases on the dimension of Economic pressure, where the value of $T =38.54^{**}$ which is significant when Significance level (0.01), and there are significant differences between the arithmetical mean of the pre-post-test of the experimental group cases on the dimension of Physical pressure , where the value of $T =29.87^{**}$ which is significant at the level of morality (0.01), and there are significant differences between the arithmetical mean of the pre-post-test For the cases of the experimental group on the scale as a whole, where the value of $T=$ which is a significant function at the level of significance (0.01). 39.132^{**} .

Table No. (6)

The significant differences between the post-test scores of the cases of the control-experimental groups for the benefit of the experimental group on the dimensions of the life pressure scale for families of addicts (n =30)

Group Dimension	post-test control group n = 15		Pre-test experimental group n = 15		T Value and significant
	M	SD	M	SD	
Social pressure	46.25	2.9 9	22.19	1.77	23.88** significant
Psychological pressure	44.11	3.8 7	25.74	2.01	21.01** significant
Economic pressure	39.87	4.1 6	17.99	4.66	17.89** significant
Physical pressure	38.01	3.5 7	21.02	1.75	19.99** significant
the scale as a whole:	168.2 4	14. 59	86.94	10.19	20.69** significant

** Significant at (0.01)

* Significant at (0.05)

-The results of the above table show that: There are significant differences between the arithmetical mean of the post-test of the control-experimental group cases on the Social pressure dimension, where the value of $T=23.88^{**}$ which is significant at the level of significance (0.01), and there are also significant differences between the arithmetical mean of the post-test of the cases of the control-experimental group at a distance Psychological pressure, where the value of $T=21.01^{**}$, which is a significant function at the level of significance (0.01), and there are significant differences between the arithmetical mean of the post-test of the control-experimental group cases on the dimension of Economic pressure, where the value of $T=17.89^{**}$ which is a significant function when Significant level (0.01), and there are significant differences between the arithmetical mean of the post-test of cases of the control-experimental group on the dimension of Physical pressure , where the value of $T=19.99^{**}$ and it is significant at the level of morality (0.01), and there are significant differences between the arithmetical mean of the post-test of cases The control-experimental group on the scale as a whole, where the value of $T=20.69^{**}$, which is significant at the level of significance(0.01).

Table No. (7)

The significant differences between the two measurements pre-post for the cases of the control group on the scale of life pressure for families of addicts n = 15

Group Dimension	post-test control group n = 15		pre-test control group n = 15		T Value and significant
	M	SD	M	SD	
Social pressure	49.44	1.77	39.99	3.77	1.774 not significant
Psychological pressure	48.19	2.14	46.47	4.66	1.324 not significant
Economic pressure	39.51	3.01	37.17	4.1	0.789 not significant
Physical pressure	36.47	1.66	33.12	2.79	1.021 not significant
the scale as a whole:	173.61	8.58	156.7 5	15.32	1.227 not significant

** Significant at (0.01)

* Significant at (0.05)

-The results of the above table show that: There are no significant differences between the arithmetical mean of the pre-post-test of the control group cases on the dimension of social pressure, where the value of $T=1.774$, which is not significant, and there are no significant differences between the arithmetical mean of the pre-post-test of the control group cases on the dimension of Psychological pressure, where the value of $T=1.324$, which is not significant, and there are no significant differences between the arithmetical mean of the pre-post-test for the cases of the control group on the dimension of Economic pressure, where the value of $T= 0.789$, which is not significant, and there are no significant differences between the arithmetical mean of the pre-post-test for the cases of the group, The control group on the dimension of Physical pressure, where the value of $T=1.021$, which is not significant, and there are no significant differences between the arithmetical mean of the pre-post-test of the cases of the control group on the scale as a whole, where the value of $T=1.227$, which is not significant.

Table No. (8)

The differences between the mean of variable for the pre-post-test for the cases of the control-experimental groups (n = 30)

Scale dimensions	Group	N	M	S.D	T Value and significant
Social pressure	Control group	15	1.99	3.21	24.99**
	experimental group	15	33.17	2.74	
Psychological pressure	Control group	15	1.66	8.33	22.74**
	experimental group	15	29.88	2.78	
Economic pressure	Control group	15	0.987	2.99	16.16**
	experimental group	15	19.87	3.74	
Physical pressure	Control group	15	0.87	2.75	18.01**
	experimental group	15	21.01	2.86	
the scale as a whole:	Control group	15	5.507	17.28	20.475**
	experimental group	15	103.93	12.12	

** Significant at (0.01)

* Significant at (0.05)

-The results of the above table show that: There are significant differences between the arithmetical mean of the pre-post-test of the control-experimental group cases on the Social pressure dimension, where the value of $t = 24.99^{**}$ which is significant at the level of significance (0.01), and there are also significant differences between the arithmetical mean of variation for the control-experimental group cases at a distance Psychological pressure, where the value of $T = 22.74^{**}$, which is a significant function at the level of significance (0.01), and there are significant differences between the arithmetical mean of variation for the control-experimental group cases on the dimension of Economic pressure, where the value of $T = 16.16^{**}$ which is a significant function at the level of Significant (0.01), and there are significant differences between the arithmetical mean of variation for the control-experimental group cases on the Physical pressure dimension, where the value of $T = 18.01^{**}$ which

is significant at the level of morality (0.01), and there are significant differences between the arithmetical mean of variation for the control-experimental group cases. On the scale as a whole, where the value of $T=20.475$, which is significant at the level of significance (0.01).

Discussion:

1-Results related to the test of the main hypothesis:

There are no significant differences between the arithmetical mean of the pre-test of the control-experimental group cases on the life pressure scale, where the value of $T=1.852$, which is not significant, and there are also significant differences between the arithmetical mean of the post-test of the control-experimental group cases on the life pressure scale, where the value of $T=22.44$ ** It is significant at a significant level (0.01), and there are no significant differences between the arithmetical mean (pre-post) for the control group cases on the life pressure scale, where the value of $T=1.421$, which is not significant, and there are no significant differences Between the mean of the measurement degrees (pre-post-test) of the experimental group cases on the life pressure scale, where the value of $T=47.41$ ** is significant at a significant level (0.01).

The previous results indicated the effectiveness of the occupational intervention program, which relied on the task focus model, which is one of the short therapeutic models, and its effectiveness in alleviating the pressures on the families of addicts, families with one parental party, where the study sample consisted of (15 families) and its goal was to practice the model to help families with one parental party to create a cohesive family environment, and it reached the effectiveness of the task-focusing model in increasing social support, feeling satisfied and struggling to perform the role and meet the requirements of life, and strengthen The network of social relations in the family).

In light of the results of the previous table, it found that there are differences between the cases of the control group and the cases of the experimental group with regard to their arithmetical mean for the dimensional measurement on the scale as a whole, the results of the table confirm the validity of the main hypothesis of the study.

2-The results related to the test of the first sub-hypothesis:

There are no significant differences between the arithmetical mean of the pre-test for the cases of the control-experimental group on the dimension of social pressure, where the value of $T=0.799$, which is not significant, and there are also no significant differences between the arithmetical mean of the pre-test of the cases of the control-experimental group on the

dimension of Psychological pressure, which amounted to The value of $T=1.879$, which is not significant, and there are no significant differences between the arithmetical mean of the pre- test for the cases of the control group and the experimental group on the dimension of Economic pressure, where the value of $T=0.874$, which is not significant, and there are no significant differences between the arithmetical mean of the pre-test for the cases of the control group and the experimental on the dimension of Physical pressure , where the value of $T=1.499$, which is not significant, and there are no significant differences between the arithmetical mean of the pre-test of the cases of the control-experimental group on the scale as a whole, where the value of $T=1.865$, which is not significant.

In light of the results of the previous table, it found that there is homogeneity between the cases of the control group and the cases of the experimental group with regard to their arithmetical mean for the pre- test on each of the dimensions of the scale and on the scale as a whole, the results of the table confirm the validity of the first sub-hypothesis.

3-The results related to the test of the second sub-hypothesis.

There are significant differences between the arithmetical mean of the pre-post-test of the experimental group cases on the Social pressure dimension, where the value of $T=45.11^{**}$ which is significant at the level of significance (0.01), and there are significant differences between the arithmetical mean of the pre-post-test measurement of the experimental group cases on the stress dimension, psychological, where the value of $T=43.01^{**}$ which is significant at the level of significance (0.01), as well as there are significant differences between the arithmetical mean of the pre-post-test of the experimental group cases on the dimension of Economic pressure, where the value of $T=38.54^{**}$ which is significant when Significance level (0.01), and there are significant differences between the arithmetical mean of the pre-post-test of the experimental group cases on the dimension of Physical pressure , where the value of $T=29.87^{**}$ which is significant at the level of morality (0.01), and there are significant differences between the arithmetical mean of the pre-post-test For the cases of the experimental group on the scale as a whole, where the value of $T=$ which is a significant function at the level of significance (0.01). 39.132^{**} .

In light of the results of the previous table, it found that there is a change in the cases of the experimental group with regard to their arithmetical mean for the pre-post-test on each of the dimensions of the

scale and on the scale as a whole, testing the effectiveness of the occupational intervention using the task-focus model in treating the problem of academic delay, As well as the results of the study of Agostin, j (2001) that the occupational intervention using the task-focus model helps to acquire experiences and social and leadership skills such as communication, planning, participation and responsibility, and the results of the table confirm the validity of the second sub-hypothesis of the study.

4-Results related to the test of the third sub-hypothesis.

There are significant differences between the arithmetical mean of the post-test of the control-experimental group cases on the Social pressure dimension, where the value of $T=23.88^{**}$ which is significant at the level of significance (0.01), and there are also significant differences between the arithmetical mean of the post-test of the cases of the control-experimental group at a distance Psychological pressure, where the value of $T=21.01^{**}$, which is a significant function at the level of significance (0.01), and there are significant differences between the arithmetical mean of the post-test of the control-experimental group cases on the dimension of Economic pressure, where the value of $T=17.89^{**}$ which is a significant function when Significant level (0.01), and there are significant differences between the arithmetical mean of the post-test of cases of the control-experimental group on the dimension of Physical pressure , where the value of $T=19.99^{**}$ and it is significant at the level of morality (0.01), and there are significant differences between the arithmetical mean of the post-test of cases The control-experimental group on the scale as a whole, where the value of $T=20.69^{**}$ which is significant at the level of significance (0.01), and in light of the results of the previous table, it was found that there are differences between the cases of the control group and the cases of the experimental group with respect to the mean score There are charges for post-test on each of the dimensions of the scale and on the scale as a whole, this is due to the effect of practicing the professional intervention program for the experimental group. The results of the table confirm the validity of the third sub-hypothesis.

5-Results related to the test of the fourth sub-hypothesis.

There are no significant differences between the arithmetical mean of the pre-post-test of the control group cases on the dimension of social pressure, where the value of $T=1.774$, which is not significant, and there are no significant differences between the arithmetical mean of the pre-

post-test of the control group cases on the dimension of Psychological pressure, where the value of $T=1.324$, which is not significant, and there are no significant differences between the arithmetical mean of the pre-post-test for the cases of the control group on the dimension of Economic pressure, where the value of $T=0.789$, which is not significant, and there are no significant differences between the arithmetical mean of the pre-post-test for the cases of the group, the control group on the dimension of Physical pressure , where the value of $T=1.021$, which is not significant, and there are no significant differences between the arithmetical mean of the pre-post-test of the cases of the control group on the scale as a whole, where the value of $T=1.227$, which is not significant, and in light of the results of the previous table It was found that there was no change in the cases of the control group with regard to their arithmetical mean for the pre-post-test measurement on each of the dimensions of the scale and on the scale as a whole. Sell to study.

6-The results related to the test of the fifth sub-hypothesis.

There are significant differences between the arithmetical mean of the pre-post-test of the control-experimental group cases on the Social pressure dimension, where the value of $T=24.99^{**}$ which is significant at the level of significance (0.01), and there are also significant differences between the arithmetical mean of variation for the control-experimental group cases at a distance Psychological pressure, where the value of $T=22.74^{**}$, which is a significant function at the level of significance (0.01), and there are significant differences between the arithmetical mean of variation for the control-experimental group cases on the dimension of Economic pressure, where the value of $T=16.16^{**}$ which is a significant function at the level of Significant (0.01), and there are significant differences between the arithmetical mean of variation for the control-experimental group cases on the Physical pressure dimension, where the value of $T=18.01^{**}$ which is significant at the level of morality (0.01), and there are significant differences between the arithmetical mean of variation for the control-experimental group cases. On the scale as a whole, where the value of $T=20.475$, which is significant at the level of significance (0.01).

In light of the results of the previous table, it was found that there are differences in the mean of the variable of the pre-post-test for the cases of the control-experimental groups on each of the dimensions of the scale and on the scale as a whole, which shows the change of the experimental group as a result of the professional intervention program, and this is

consistent with the results of Sedky study, (2007), which She emphasized the effectiveness of the training programs in increasing the differences and treatment methods of the model for social workers in their dealings with individual cases, how much do the results of the table agree with the results of Mustafa study (2005), which confirmed that professional intervention using the task-focus model aims to pay attention to the good experiences of individuals that can contribute to solving the problem and support their abilities to deal with problems and accept help, in addition to completing tasks and duties, It also aims to provide clients with the necessary resources and skills, when their resources and skills are weak and help them complete tasks, and also improve individuals' abilities to deal with problems, and have sufficient will to accept help, and help them find solutions to social and psychological problems facing individuals and want to find a solution to them. The results of the table confirm the validity of the fifth sub-hypothesis of the study.

Recommendations:

- 1 The need for more attention from the government to confront the addiction problem.
- 2 Treating a recovering addict the same as normal people in terms of care and attention and providing all means of support and psychological aid.
- 3 Organizing awareness and informational programs and training courses for families with one of their family members affected by addiction, especially the youth, in the most appropriate ways and methods to be followed with the addict, in order to reduce the severity of the pressures they are exposed to.
- 4 The need for civil society organizations to have an effective role in educating and assisting both the addict and his family by clarifying what addiction is and the most appropriate ways to treat it, and mobilizing the energies of society to help this group and providing psychological and social support and aid through:
 - a Dedicate a day for the recovering addict.
 - b The existence of an association for the care of recovering addicts and their families who suffer from poverty and need.
 - c Helping poor families, one of whose members suffers from addiction, to provide the necessary treatment and other basic needs.
 - d Providing all means of moral support for addicts and their families.

Providing cash and in-kind assistance to recovering addicts and -5
their families, especially for poor cases, to meet minimum
treatment needs and other necessities.

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